

B.ED IN HOME ECONOMICS

PROCESSES IN GARMENT CONSTRUCTION

Course sub-title

Add School/Department name here

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Acknowledgements

The Faculty of Science Education Department of Home Economics Education wishes to thank those below for their contribution to this COURSE GUIDE:

Ms. Ophelia Quartey Head, Department of Home Economics Education, UEW.

Ms. Victoria Mensah Lecturer, Department of Home Economics Education, UEW.

Faculty of Science Education
Department of Home Economics Education

University of Education, Winneba, P. O. Box 25, Winneba
Add address line 2
Add address line 3
Ghana

Fax: +Add country code Add area code Add telephone #+233 (0)244 954 358

Website: www.uew.edu.gh

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About this Course Guide

Clothing and Textiles Processes in Garment Construction has been produced by Faculty of Science Education. All COURSE GUIDE produced by Faculty of Science Education are structured in the same way, as outlined below.

This is a practical course involving the study of suppliers and processes used in assembling and finishing garments. Essential professional techniques such as some tailored processes eg. Pockets, interfacing, and staying are covered.

How this COURSE GUIDE is structured

The course overview

The course overview gives you a general introduction to the course. Information contained in the course overview will help you determine:

- If the course is suitable for you.
- What you will already need to know.
- What you can expect from the course.
- How much time you will need to invest to complete the course.

The overview also provides guidance on:

Study skills.

Where to get help.

Course assignments and assessments.

Activity icons.

Units.

We strongly recommend that you read the overview *carefully* before starting your study.

The course content



The course is broken down into units. Each unit comprises:

- An introduction to the unit content.

Unit outcomes.

New terminology.

Core content of the unit with a variety of learning activities.

A unit summary.

Assignments and/or assessments, as applicable.

More specifically, you will cover the following lessons:

What processes in garment construction is about.

Tools and Equipment

- Classification
- Functions
- The sewing machine:
- Types, Parts, Care
- Threading
- Factors to consider when choosing a sewing machine

Stitches

- Classification and examples
- General Rules for working stitches
- Practical work on specimen

Seams

- Meaning
- Classification
- Factors to consider when choosing a seam

- General rules for working seams
- Practical work on specimen

Arrangement of fullness

- Meaning
- Reasons for introducing fullness in a garment
- Methods of arranging fullness:
 - Pleats
 - Gathers
 - Darts
 - Easing
 - Casing
 - Tucks
- Practical work on specimen

Edge Finishes

- Meaning
- Reasons for finishing the raw edges of our garments
- Types of edge finishes
 - Binding
 - Attaching a band
 - Attaching a lace
 - Turning a hem
 - Fringing, etc



- Practical work on specimen

Recommended Text

Cream, Penelop (1996): The complete Book of Sewing, Bright Arts Ltd,

London. Neal Melita (1976) “Needle work for schools” Olaiya Fagbamegbe Ltd Akure

Vanderhoff. M () Clothes, clues & Careers

Cock Valerie (1982), Dressmaking simplified Hont-Davis Educational Ltd, Chaucer Press, Bungay, Britain.

Resources

For those interested in learning more on this subject, we provide you with a list of additional resources at the end of this COURSE GUIDE; these may be books, articles or web sites.

Your comments

After completing Add course title here we would appreciate it if you would take a few moments to give us your feedback on any aspect of this course. Your feedback might include comments on:

- Course content and structure.

Course reading materials and resources.

Course assignments.

Course assessments.

Course duration.

Course support (assigned tutors, technical help, etc.)

Your constructive feedback will help us to improve and enhance this course.

Course overview

Welcome to HEC 242 Processes in Garment Construction

This is a practical course involving the study of suppliers and processes used in assembling and finishing garments. Essential professional techniques such as some tailored processes e.g. Pockets, interfacing, and staying are covered.

Course outcomes

Upon completion of this course you will be able to:

- identify some sewing tools and their uses
- Select and care for their sewing tools and equipment
- discuss the various processes in garment construction
- work samples of the sewing processes using fabric

Clothing and Textiles Processes in Garment Construction—is this course for you?

This course is intended for people who wish to teach Clothing and Textiles at the Basic School Level to the Training college level, or further their education at the Master's Level in clothing and Textiles. or set up their own clothing shops.

Course outcomes

Upon completion of Clothing and Textiles Processes in Garment Construction you will be able to:



Outcomes

- stitcheswork basic stitches.

Seams use basic seams to assemble a simple garment.

Openings and fastenings Construct a suitable opening on a garment and fastened it with a suitable fastener.

Edge finishes complete a garment with suitable edge finishes.

fullness use two methods to introduce fullness in the garment.

Timeframe



How long?

The expected duration of this course is sixteen weeks

The expected/recommended self-study time is fourteen weeks

Study skills



As an adult learner your approach to learning will be different to that from your school days: you will choose what you want to study, you will have professional and/or personal motivation for doing so and you will most likely be fitting your study activities around other professional or domestic responsibilities.

Essentially you will be taking control of your learning environment. As a consequence, you will need to consider performance issues related to time management, goal setting, stress management, etc. Perhaps you will also need to reacquaint yourself in areas such as essay planning, coping with exams and using the web as a learning resource.

Your most significant considerations will be *time* and *space* i.e. the time you dedicate to your learning and the environment in which you engage in that learning.

We recommend that you take time now—before starting your self-study—to familiarize yourself with these issues. There are a number of excellent resources on the web. A few suggested links are:

- <http://www.how-to-study.com/>

The “How to study” web site is dedicated to study skills resources. You will find links to study preparation (a list of nine essentials for a good study place), taking notes, strategies for reading text books, using reference sources, test anxiety.

- <http://www.ucc.vt.edu/stdysk/stdyhlp.html>

This is the web site of the Virginia Tech, Division of Student Affairs. You will find links to time scheduling (including a “where does time go?” link), a study skill checklist, basic concentration techniques, control of the study environment, note taking, how to read essays for analysis, memory skills (“remembering”).

- <http://www.howtostudy.org/resources.php>

Another “How to study” web site with useful links to time management, efficient reading, questioning/listening/observing skills, getting the most out of doing (“hands-on” learning), memory building, tips for staying motivated, developing a learning plan.

The above links are our suggestions to start you on your way. At the time of writing these web links were active. If you want to look for more go to www.google.com and type “self-study basics”, “self-study tips”, “self-study skills” or similar.

Need help?



Help

Is there a course web site address?

The course instructor's name is Ms. Victoria Mensah. She can be located (in her office at the Department of Home Economics from Mondays to Fridays after 12:00 noon, The telephone number is +233 (0)244 954 358 , e-mail address is vicky_mens@yahoo.com)?

There is a teaching assistant for routine enquiries. She can be located at the Clothing and Textiles Unit at the Home Economics Department from 8:00am to 5:00pm, telephone/fax number, e-mail address)?

There is a librarian. She can be located at the South Campus Library from Mondays to Fridays around 8:00am to 5:00pm?



Assignments



Assignments

There are about five assignments for this course?

The assignments are to be submitted at the beginning of each lesson?

The assignments be submitted to the clothing attendant

Assignments are to be submitted weekly at the beginning of each lesson

Assignments must be completed in the order they are taught in class?

Assessments



Assessments

There will be two assessments in this course.

They are teacher –marked assessments

One of the assessments will take place in the form of a continuous assessment and an end of semester examination.
















Students will be allowed to use four hours to complete the end of semester examination and a week each for a continuous assessment.

Getting around this course Guide

Margin icons

While working through this COURSE GUIDE you will notice the frequent use of margin icons. These icons serve to “signpost” a particular piece of text, a new task or change in activity; they have been included to help you to find your way around this COURSE GUIDE.

A complete icon set is shown below. We suggest that you familiarize yourself with the icons and their meaning before starting your study.

			
Activity	Assessment	Assignment	Case study
			
Discussion	Group activity	Help	Note it!
			
Outcomes	Reading	Reflection	Study skills
			
Summary	Terminology	Time	Tip



Unit 1

Sewing Tools and Equipment

Introduction

As this is a practical course and you are going to make use of tools and equipment, it is very necessary to know the equipment you are going to work with, how to use them, how to choose them and how to care for them.

Upon completion of this unit you will be able to:

- Identify sewing tools and equipment

Describe their functions

Discuss types of sewing machines

Identify the various parts of the sewing machine and the general care

Explain the factors to consider when choosing a sewing machine

Demonstrate how to thread a sewing machine



Outcomes

SEWING TOOLS AND EQUIPMENT

A variety of sewing tools and equipment are needed for any sewing project. These should be kept together in a special box or basket for easy use. Sewing tools and equipment can be classified according to their sizes or according to the functions they perform.

Functional Classification of Sewing tools and equipment

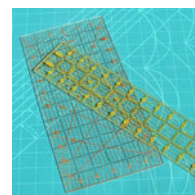
Measuring tools:

Most new measuring tools will include both standard and metric measurements. The three essential measuring tools are tape measure, sewing gauge, and yardstick or metre rule.

- ***Tape measure:*** A flexible measuring tape 60 inches (1.5m) long used for taking body measurements.
- ***Sewing gauge:*** A 6 inches (15cm) ruler With an adjustable marker used for measuring short lengths, such as hems, and seam widths.
- ***Yardstick or metre rule:*** A 36 inches (1m) rigid measuring tool of wood, metal or plastic used for measuring flat surfaces, such as checking grain lines and marking hemlines.

There are also certain specialty measuring items:

- ***French Curve:*** It has one sharply curved side used for redrawing curved areas, such as armholes and necklines, when altering patterns.
- ***Hem Gauge:*** A metal gauge or plastic used to mark straight or curved hems.
- ***Transparent Ruler:*** It is used for measuring and marking straight lines, such as pleats, tucks, bias strips, and buttonholes.
- ***Skirt Marker:*** A device used for measuring and marking hemlines of garments with either pins or chalk.



Cutting Tools:

These are used for cutting out fabric pieces, trimming, clipping, and other detail work.

- ***Dressmaker's shears:*** These have bent handles so that the fabric can lie flat on the table while being cut. These have two differently shaped handles- one fits the thumb and the other



handle fits several fingers. Quality shears have an adjustable screw so you can adjust the cutting action of the blade.



- **Trimming scissors:** These have small round handles and shorter blades about 10-15cm long. The blades are different widths and are used for trimming seams, clipping curves, and cutting into corners.

- **Pinking shears:**

Pinking shears or scalloping shears cut a zigzag or scalloped edge instead of a straight one. Used to finish seams and raw edges of many types of fabric, they cut a ravel-resistant edge.



- **Rotary cutter:** Rotary cutters greatly facilitate the cutting of pieces for quilting. Smaller rotary mats may be acceptable for quilting purposes, which can save you some money. To use rotary cutters, you need a rotary mat to protect the surface on which you are cutting from being cut by the blade. It also protects the blade from being nicked by the surface.



- **Thread Clippers**

Thread clippers (5) with spring-action blades is more convenient than shears and safer than a seam ripper.

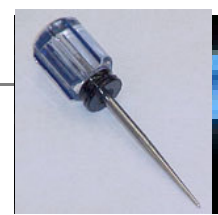


- **Embroidery scissors:** (2b) have a 4" or 5" (10 or 12.5cm) finely-tapered blades. Both points are sharp for use in hand work and precision cutting.

- **Seam Rippers**

Seam rippers quickly rip seams open buttonholes and removes stitches. Use carefully to avoid piercing fabric.

- **Awl**



Wooden handle with sharp metal point. Used for Making small holes in paper.

A Notcher: A tool which creates 1/4" deep square cuts in the edge of patterns. Used to make notches on slopers or patterns.



Marking tools

There are a variety of tools available for marking and cutting fabric.

- **Air soluble pens:** Air soluble pens make marks that disappear slowly after application. The marks may last up to 24 hours, but in the author's experience they tend to disappear moments before you need them. They may also be removed with cold water. Heat can set the marks permanently, so care should be exercised to remove the marks before pressing.
- **Chalk wheel:** A chalk wheel makes a line of powdered chalk on the fabric. This is usually washed or brushed away easily.

Tracing wheel and dressmaker's carbon paper:

In this method, you place the pattern piece on the fabric with a sheet of carbon paper in between and then trace over the lines of the pattern piece with a small wheel. This transfers the lines to the fabric. The lines are usually washed away easily with water, but problems do occur so make sure to test it on a scrap. This method is useful for transferring marks of internal lines (such as darts in the middle of a piece or positioning marks for embroidery or appliqué) to the fabric.

- **Tailor's Chalk:**

Tailor's chalk comes in a chalk-like or a crayon-like (waxy) form. Both will wash easily out of most fabrics, but problems do occur and you should test it on a scrap if you're not sure. The chalk-like form seems to wash out best.

For best results, sharpen the edge of the tailor's chalk cake often. This lets you place a sharp, clear line on the fabric. Avoid



brushing against the line while you work with the fabric, as this blurs it or may cause it to disappear. You can buy an inexpensive plastic holder for tailor's chalk with a built-in sharpener.

- ***Water soluble pencils***

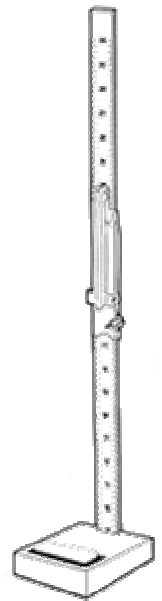
Water soluble pencils leave a line similar to tailor's chalk.

- ***Water soluble pens***

Water-soluble pens make a clearer line than air soluble pens, and it lasts until you remove it with cold water. Again, heat can set the marks permanently, so make sure to remove them before pressing. **Pin**

- ***Skirt Hem Marker***

This handy tool makes marking the hem of your garment a cinch. Simply clamp fabric by holding the marker with one hand and pushing the lever forward, insert pin, release lever and repeat in next position. It has a handy magnet on the base to keep your pins where you can reach them. If you have an existing hemline, you will save time and accuracy by letting down the existing hem before pinning. Always pin to a single thickness of fabric.



Pressing tools and Aids

- ***Pressing Cloth***

Pressing cloths are essential in pressing fabrics to avoid iron shine, aid in steaming and protecting fabrics against scorching. These cloths come in various weights for various fabrics and may be used wet or dry. Steam penetrates cloth easily; if more steam is required, dampen cloth slightly. Protects iron soleplate from scratches when pressing over hooks, snaps, zippers or buttons. Protects iron from resin from fusible appliques, interfacings, hem fuser, or iron-on patches.



- ***Sleeve Board, Needle Board & Point Presser***

Boards are made of wood either with or without a cover. Different boards exist for special pressing needs, including sleeve boards, that are shaped for sleeves; needle boards, that are designed for napped fabrics (see Velvaboard); and point presser boards that are designed for pressing collars and other points. Combination (tailor) boards are boards that combine features from the above noted boards. A sleeve board can also be used to conveniently pressing areas too small or narrow to fit over the end of a regular-size ironing board.

- ***Seam Roll***

Seam rolls are long, firmly stuffed rolls that are used to press long seams, narrow areas and seams without show-through ridges.

- ***Ham***

Hams are contoured firmly packed cushions in the shape of a "ham" used to press curved seams, darts, sleeve caps and other contoured garment areas. Available in various sizes. A ham holder will store hams when not in use.

- ***Mitt***

A sewing mitt is a padded glove-like cushion, worn on the hand or placed on the end of a sleeve board to reach areas that a ham can not. For pressing curved seams, darts, sleeve caps and other contoured garment areas; especially, fancy sleeves, curved seams, and coat shoulders.

Needles

- ***Sharps*** are needles used for general sewing. They have a sharp point, a round eye and are of medium length. The difference between sharps and other sewing needles can mainly be seen in their length.
- ***Between*** or ***Quilting*** needles are shorter, with a small rounded eye and are usually used for



making fine stitches on heavy fabrics such as in tailoring, quilt making and other detailed handwork.

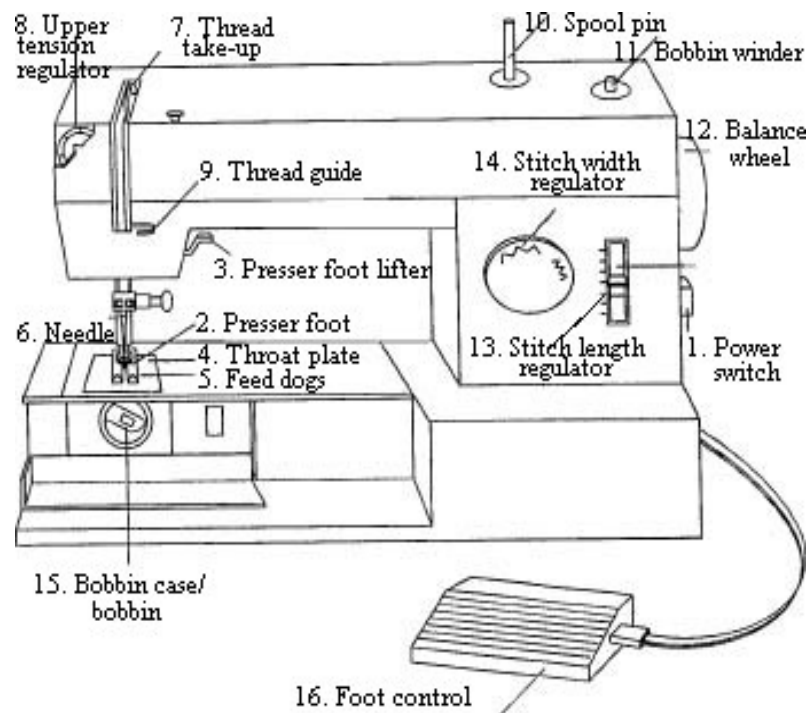
- **Milliners' needles** are longer than sharps, are useful for basting and pleating and are used in millinery work.
- **Easy- or Self-threading needles**, also called **Calyx-eyed Sharps**, have a slot, rather than an eye for the thread.
- **Ballpoints** have a rounded point and are used for knitted fabrics. Sizes 5-10.
- **Beading needles** are very fine, with a narrow eye to enable it to fit through the centre of beads and sequins. They are usually long so that a number of beads can be threaded at a time. Sizes 10-15.
- **Bodkin**. This is a long, thick needle with a ballpoint end and a large, elongated eye. They can be flat or round and are generally used for threading elastic, ribbon or tape through casings and lace openings.
- **Chenille needles** are similar to tapestry needles, but with large, long eyes and a very sharp point to penetrate close weave fabrics. Useful for ribbon embroidery. Sizes 13-26.
- **Darning needles** have a blunt tip and large eye, similar to tapestry needles, but are longer, with a yarn darning being the heaviest with very large eyes to thread yarn. Various types, with sizes ranging from 1-18.
- **Doll needles** are long and thin and are used for soft sculpturing on dolls, particularly facial details. Size 2.5"-7" long.
- **Leather needles**, also known as **Glovers** needles have a triangular shaped point for piercing the leather without tearing it. Used on leather, suede, vinyl and plastic. Sizes 3/0-10.
- **Tapestry needles** have a large eye and a blunt tip. They are used for working on embroidery canvas, even-weave material and other loosely woven fabrics. The blunt tip allow the needle to pass through the fabric without damaging it. Double ended tapestry needles, with the hole in the middle, are also available for the convenience of embroiderers who work with fabric mounted in a frame. Sizes from 13 (heaviest) to 28 (finest).
- **Tatting needles** are long and are the same thickness for their entire length, including at the eye, to enable thread to be pulled through the double stitches used in tatting.

THE SEWING MACHINE

- **TYPES:**

1. Hand Sewing Machine
2. Electric Sewing Machine
3. Treadle Sewing Machine
4. Industrial Sewing Machine
5. Computerised Sewing Machine

- **PARTS OF THE SEWING MACHINE**



GENERAL CARE FOR SEWING MACHINE



- The sewing machine manual to your machine is the best tool you can have to maintain your sewing machine.
- For your own safety and to prevent damage to your machine always unplug the machine before you start cleaning and oiling your machine.
- Fabric and thread are a combination that is going to produce lint. Lint can build up in unseen areas of your machine leading to wear and tear that is preventable. Open all areas that you can and clean the lint out of the machine.
- Use the brush that came with your sewing machine to remove lint in cracks and crevices and from under the bobbin case.
- Try to get in the habit of cleaning the lint out of your machine every time you finish a project. That way the machine will be ready to sew when you are!
- Refer to your owner's manual for the proper spots to oil. Some of the older machines have these areas marked. Never use cooking oil to oil your sewing machine.
- After oiling your machine run stitches on some scrap fabric before you tackle your project. This allows oil to escape on to the scraps, instead of the actual project you are working on.
- Oiling the machine not only lubricates your moving parts, to prevent wear, it reduces the risk of rust. Rust forms rapidly with any dampness, even just the humidity in the air. Surface rust can act just like loose sand granule in your machine, and create excess wear.
- Tighten regularly loose screws as you run across them. Set screws which usually require hex key wrenches, should only be adjusted by a repair person unless you have a complete understanding of the timing of your sewing machine.
- If the set screws are missing or loose, take the machine to a repair shop. It may seem easy to just replace the screw or tighten it, but all of these details go in to the timing of the machine. If the timing is off you can do great damage and the repair bill will be much more than a tune up.
- You should always be watching for wear signs on wires but while you're cleaning your machine, take the time to honestly inspect the wires.
- Check the entire length of the wire for abrasions to the plastic coating or for damage a pet may have done.
- Check that all the electrical plugs are tight and secure.
- Consult a repairer or an electrician for any problems you may find on your electric sewing machine.
- Never work an electric sewing machine with wet fingers

FACTORS TO CONSIDER WHEN CHOOSING A SEWING MACHINE

There are some important factors to consider before buying the best quality sewing machine. Here are several aspects you should consider before selecting the most suited sewing machine:

First, consider your actual needs that will be fulfilled by a sewing machine. Think about your priority, do you want to stitch for yourself only or for your whole extended family? Do you want the sewing machine only for mending or to do decorative stitches also? Do you need to stitch heavy items like bedspread or slipcovers?

Second, think about more aspects before going for the best deal of a sewing machine. The place where you want to place your sewing machine is also an important factor. You may use it on your dining table, or in a sewing room or in any safe place in your home. But, your choice of sewing machine can vary according to your place selection. You should also think about the storage place of the sewing machine when not in use.

Third, comes the duration of use of the sewing machine that you are going to purchase. Think whether you plan to buy a sewing machine for a long lasting period or for a shorter time frame just as a make shift arrangement. It is quite obvious that the quality of a sewing machine can be varied according to your plan.

Now, you have complete a through research work on your priority factors essential for your sewing machine. Here are some guidelines to be followed with purchasing:

Once you are certain about the type of sewing machine you want to buy, it is time for some research works by self-studying. It is simple and interesting. You can go through some available magazines to get a present trend of different types of sewing machines and you need to compare them with a neutral approach. If you get confused, better to consult to any local dealer of sewing machines to clear up your doubts. You should also check out and compare different models of sewing machine.

Always be careful of your budget. Don't make a hasty decision and end up with buying expensive sewing machines with the features that you don't really need.

Apart from all these calculative steps, it is always recommended to discuss with your friends and neighbours who have sewing machines. You can grab hands on experience from them before making the best decision.

You can definitely find the best sewing machines in the market if you follow all these essential steps before buying a sewing machine.



HOW TO THREAD A SEWING MACHINE

1. Place a spool of thread on the spool pin.
2. Starting from the spool pin, across the top of the machine, look for a minimum of one thread guide.
3. Insert the thread in the thread guide(s).
4. Now look for a tension disc.
5. Bring the thread downward to the tension disc, slip the thread between the metal disks of the tension disc, and travel back upward with the thread.
6. Look for a take up lever. This is the area on the front of the machine which will go up and down, when you turn the hand wheel.
7. Pass the thread through the take up lever. Some machines are set up so the thread will slide in to this, others require you to pass the thread through a hole.
8. Now the thread will go downward on the left side of the take up lever.
9. Locate and thread any thread guides, leading down to the sewing machine needle.
10. Thread the sewing machine needle.
11. Hold the thread with your left hand and turn the hand wheel.
12. Watch for any thread to flap around. If this happens, you have probably missed a thread guide.

Note:

1. Always clean and oil your machine thoroughly before running it.
2. Every sewing machine is a little different, however the basic threading is the same. Always test your machine threading. by starting sewing slowly,
3. Use good quality thread, to prevent excess lint in the machine.

Unit summary



Summary

In this unit you learned about different types of sewing tools and equipment and their functions. The sewing machine; types of sewing machines, parts of the sewing machine, general care of the sewing machine, factors to consider when selecting a sewing machine and how to thread the sewing machine.

Assignment



Assignment

Answer all questions.

1. You are to purchase a sewing machine for clothing and textiles course, which type of machine will you buy and why?
2. Give two examples of each of the following sewing tools and their functions: marking tools, cutting tools, and measuring tools.



Unit 2

Add unit title here

Introduction

Add introductory text here

Upon completion of this unit you will be able to:



Outcomes

- verb complete the sentence.

verb complete the sentence.

verb complete the sentence.

verb complete the sentence.

verb complete the sentence.

verb complete the sentence.



Terminology

Term: Term description

Term: Term description

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Term: Term description

First topic heading

Add topic text here

Second topic heading

Add topic text here

Unit summary



Summary

In this unit you learned Add summary text here - you may wish to use the unit outcomes to write this text

Continue your body text here

Assignment



Assignment

Add assignment text here

Continue your body text here

Assessment



Assessment

Add assessment text here

Continue your body text here



Unit 3

Add unit title here

Introduction

Add introductory text here

Upon completion of this unit you will be able to:



Outcomes

- verb complete the sentence.

verb complete the sentence.

verb complete the sentence.

verb complete the sentence.

verb complete the sentence.

verb complete the sentence.



Terminology

Term: Term description

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First topic heading

Add topic text here

Second topic heading

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Unit summary



Summary

In this unit you learned Add summary text here - you may wish to use the unit outcomes to write this text

Continue your body text here

Assignment



Assignment

Add assignment text here

Continue your body text here

Assessment



Assessment

Add assessment text here

Continue your body text here



Unit 4

Add unit title here

Introduction

Add introductory text here

Upon completion of this unit you will be able to:



Outcomes

- verb complete the sentence.

verb complete the sentence.

verb complete the sentence.

verb complete the sentence.

verb complete the sentence.

verb complete the sentence.



Terminology

Term: Term description

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First topic heading

Add topic text here

Second topic heading

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Unit summary



Summary

In this unit you learned Add summary text here - you may wish to use the unit outcomes to write this text

Continue your body text here

Assignment



Assignment

Add assignment text here

Continue your body text here

Assessment



Assessment

Add assessment text here

Continue your body text here